



Gilani Research Foundation is a not for profit public service project to provide social science research to students, academia, policy makers and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently Dr. Gilani, who holds a PhD from the Massachusetts of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

Majority of Pakistanis have Occasional Headaches: GILANI POLL / GALLUP PAKISTAN

Islamabad, May 4, 2009

According to a Gilani Research Foundation survey carried out by Gallup Pakistan almost 70% respondents claim to have had a headache, 14% say often and 52% say sometimes. A third of those surveyed said they have never had a headache. For those suffering from headaches, 24% experience them daily or after a day or two, 24% have them at least once a week, 28% once a month and for the rest of the 20% it occurs much more rarely

Have you ever experienced a headache?

Often	14%
Sometimes	52%
Never	34%

How often do you experience a headache?

Daily	6%
After one or two days	18%
Weekly	27%
Monthly	28%
Rarely	21%

Source: Gilani Poll conducted by Gallup Pakistan,
the Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

People believe that they experience headaches under certain circumstances especially when they worry excessively (35%) or do not get enough sleep (32%) or have too much work (25%). Though doctors have a long list of conditions that can cause a headache but for a common person headache is caused by anxiety (41%) and mental weakness (33%). Sixteen percent (16%) each consider headaches to be the result of weak eyesight or a disease. The most commonly used remedy for headaches are off-the counter medicine (30%), rest (25%) and taking tea (21%). Twelve per cent (12%) consult a doctor, 12% continue to do their routine work and 5% go for some spiritual healing.

In your view, what are the circumstances that cause you to have a headache?

Excessive tension	35%
Lack of sleep	32%
Excessive work	25%
Other	8%

In your view, what are the reasons for a headache?

Anxiety	41%
Mental weakness	33%
Weak eyesight	16%
It's a disease	16%
Don't know	1%

What do you do to get rid of a headache?

Take medicine	30%
Rest	25%
Drink tea	21%
See a doctor	12%
Nothing	11%
Pray/meditate	5%

Source: Gilani Poll conducted by Gallup Pakistan,
the Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

The study was released by Gilani foundation and carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International. The latest survey was carried out among a sample of 2677 men and women in rural and urban areas of all four provinces of the country. Error margin is estimated to be approximately $\pm 2-3$ per cent at 95% confidence level.

Gallup Pakistan proposes that its poll results be attributed as Gilani Poll conducted by Gallup Pakistan. the Pakistani affiliate of Gallup International. This is to distinguish our polls from polls on Pakistan sometimes released by other organizations not part of Gallup International Association (www.gallup-international.com) and referred to by the same title. Also please see necessary Disclaimer on our website (www.gallup.com.pk). Gallup Pakistan takes responsibility for only its own polls on Pakistan.

For more survey data on health related and other issues see website www.gallup.com.pk

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